

# 17 Ways to Love Yourself



1. Be kind and gentle towards yourself.
2. Tell yourself I love you.
3. Eat healthy foods that nourish your body.
4. Listen to and follow your intuition.
5. Meditate and practice deep breathing.
6. Massage your own feet.
7. Treat yourself to something nice.
8. Go for a walk alone and observe nature.
9. Set healthy boundaries.
10. Always allow me-time for yourself.
11. Drink plenty of water.
12. Get a pet and give it love.
13. Honor what you love about yourself.
14. Only spend time with those who nourish your soul.
15. Listen to uplifting music.
16. Buy yourself flowers.
17. Read a book that feeds your soul.